

Abstract

Title: Rehearsal of shooting from the wing position in handball

Objectives: The aim of the work was to build and verify the training model for practicing and perfecting the shooting technique from the the wing position in handball. Based on the comparison and evaluation of each videoclip (before and after the intervention) five players tested, we found that this training model is effective.

Methods: Five respondents players will be filmed during the shooting from the wing position, then the players go through during the months June and July seven training units, in the length thirty minutes, focusing on the progress of technique. After the completion of the training units, players will be filmed again and the videoclips will be compared with the original assessman.

Results: In monitored group, a programme we have created caused a qualitative improvement the skills of all players.

Key words: Wing, training, performance, intervention programme